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## Recovery happens this month and every month

Guest column

By: Placer County Board of Supervisor Jim Holmes

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At our Sept. 1st board meeting, my fellow county supervisors and I approved a resolution declaring September 2015 as Mental Health, Alcohol, & Drug Addiction Recovery Month.

Nationally, this year's recovery month theme, "Join the Voices for Recovery: Visible, Vocal, Valuable!" encourages people to openly speak up about mental and substance-use disorders and the reality of recovery. Real stories of long-term recovery can inspire others to ask for help and improve their own lives, the lives of their families

and our community.

On Sept. 26 from 10 a.m. to 2 p.m., Placer County, along with multiple community groups, will host its "Recovery Happens" event at the Auburn Recreation Park. This event will provide an opportunity for individuals in recovery to spread the word that "Treatment works and recovery happens."

Because recovery is an ongoing process and often a difficult struggle, it is important to recognize successes and remember that there is help available during the darker times. The "Recovery Happens" event will do both. Recovery will be celebrated with a community barbecue event complete with music and entertainment, raffles and a "Children's Corner," and representatives from community organizations and county programs will provide information on services and support for those embarking on this lifelong journey.

More than 15 community partners will join county staff and mental health, alcohol, and drug advisory board members in sponsoring this event. This alcohol-and-drug-free event is open to the public and I encourage everyone to attend and learn and share.

Although recovery is officially celebrated each September, the Placer County Mental Health, Alcohol and Drug Advisory Board works year-round to educate people about the realities of mental health.

In the nine years that I have sat on the Mental Health, Alcohol and Drug Advisory Board, I have seen the community, and myself, gain a much broader awareness of mental health issues and the fact that mental health issues affect each and every one of us in some way or another.

The ongoing charge of this board is to ensure that the programs available to people suffering from mental health issues and struggling with substance abuse and addiction are effective and result in positive outcomes. If you are interested in becoming involved in this very important effort, I encourage you to consider joining me on the Mental Health, Alcohol and Drug Advisory Board.



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The Board has openings for members from the community-at-large as well as individuals who receive mental health, alcohol and drug services or whose family members do. Applicants are also needed to fill seats on several committees of the board, addressing issues in children's services, adult mental health, alcohol and drug, and quality assurance. Members work alongside other dedicated community members as well mental health and medical professionals, to increase citizen participation in how these services are structured and offered to those in need.

The board also receives information to measure outcomes of programs and services so we can keep track of how the programs are working, and recommend improvements where necessary.

Additionally, the board advises the Placer County Board of Supervisors on issues relevant to mental health and substance abuse so that they can make informed decisions regarding funding and staff allocations for programs offered by Placer County. The Mental Health, Alcohol and Drug Advisory Board typically meets at 6:15 p.m. on the fourth Monday of every month.

Community members are also encouraged to attend the meetings to provide input on county services and programs. Working together, I believe we have the ability to remove the stigma associated with mental health and substance use issues and to see positive outcomes through recovery in our community.

To learn more about the Sept. 26th Recovery Happens event, please contact Betsaida LeBron at [blebron@placer.ca.gov](mailto:blebron@placer.ca.gov) or (530) 886-2936 or Meagan Hammes at [mhammes@placer.ca.gov](mailto:mhammes@placer.ca.gov) or (530) 886-5434.

If you are interested in applying to join the Mental Health Alcohol and Drug Advisory Board, please contact [MHADB@placer.ca.gov](mailto:MHADB@placer.ca.gov) or Janna Jones via telephone at (530) 889-7254.

*Jim Holmes is the Placer County supervisor for District 3, which covers Loomis, North Auburn, Ophir, Newcastle, Penryn and most of Rocklin. To contact Holmes, call (530) 889-4010 or email [jholmes@placer.ca.gov](mailto:jholmes@placer.ca.gov).*





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